

Day 18-24 #3 add on to any 1

Date					
day					
box #	DAY BOX 18	DAY BOX 19	DAY BOX 20	DAY BOX 21	DAY BOX 22
hors	chips & dip	spicy trail mix	pesto cream cheese & pita	chicken noodle soup	antipasto
dinner	penne w/ marinara, blue cheese slaw	thai veggies, couscous	grilled cheese & tomato soup	falafel burgers w/ hummus & tortillas	chili w/ cornbread, coleslaw
bkst	pancakes, sausage	rolled oats, english muffins	homefries, eggs, tortillas	bagels, lox, cream cheese	eggs & english muffins
lunch	chicken salad	hardboiled eggs, cheese & crackers	snack style	pasta salad	PB&J
	Your choice of dessert when you lil				
	desserts - 1 chocolates, 1 cobbler, 1 ch				

.8 day menu

DAY BOX 23	Take Out day 24				
nuts					
lentil soup w/ quesadillas					
cold cereal					
⌂! Add 3 more cheese cake					

